

Mindful Yoga in 2011

Happy New Year, Dear Friends!

You are invited to join me for this first series in 2011.

Over the course of six weeks, starting on Thursday, Jan 20 at 5pm, we will work in a small group to explore a number of yoga asanas. Each yoga asana is approached with care and compassion, with full awareness of breath and body sensations. We will hold each pose for a period of time, so that we can fully appreciate its subtle effect on the flow of energy in our body, as well as allow our body enough time to begin a process of opening.

In contrast to a few of my previous series of Mindful Yoga, this series will not have a single theme. This is mainly due to my ongoing experiments with different ways of structuring classes. However, depending on the composition of the group and the spirit of the moment, we will undoubtedly return to mindful study of breath, physical and mental opening, and such qualities as lovingkindness, compassion, joy, surrender and equanimity.

Dates: 6 consecutive sessions

January 20, 27, February 3, 10, 17, 24, 2011

Time: Thursdays, 5:00-6:30pm

Location: Church of Truth, 111 Superior st., James Bay

Fee: early bird - \$75 (if payed before January 14), regular fee is \$90

*Contact Info: www.soulstir.net,
misha@soulstir.net,
tel. 778-678-0137*

Prerequisites: curiosity about yoga- no previous experience is necessary.

Mindful yoga is ideal for those who want to experience yoga as a spiritual practice, not merely as a physical workout.

In this style of yoga, the work with the mind is as important as working with the body. The result is a deeper experience of mind-body connection, inner peace and health.

This class will provide learning opportunities for both, novice and experienced students.

Class size is limited to 12 people to facilitate individual attention to students. Please register early to reserve your space.

All ages are welcome.

Namaste,

Misha

Misha Gitberg is a student of Yoga and Buddhist Contemplative traditions as well as a psychotherapist. He has trained with Yoga and Buddhist teachers in North America, India and Thailand, and is currently exploring ways to bring his understanding of mind-body connection into his professional and personal practice.